

# Diamond Post *March*

**SPRING IS HERE  
ALLERGY RELIEF STARTS NOW**

**SPRING INTO FITNESS**

**BE SMART, SAFE, AND  
READY**

**SPRING IS  
SHINING  
STAY SUN SAFE**



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DRUG STORE



# March Specials

670 Philadelphia Street  
724.465.4200  
Mon-Fri: 8am-6pm, Sat. 9am-3pm



**30% off All Green Swan Creek Scents!**



**25% off All Easter/Spring Items**

# Scent Of The Month



Celebrate the fresh feeling of spring with Swan Creek Candles. Our scent of the month for March will be All GREEN candles. They have been specially selected to welcome the new season with clean, refreshing aromas that help brighten your home and lift your mood. Whether you're refreshing your space after winter or simply love a crisp, natural fragrance, these candles are a perfect way to embrace the shift into spring.

Known for their quality craftsmanship and long-lasting fragrance, Swan Creek Candles are a customer favorite for good reason. The green-labeled scents are inspired by nature and renewal, making them an ideal match for March. From light and calming to fresh and energizing, there's a green Swan Creek scent to suit every room and every preference.

All month long, we invite you to explore our selection of green Swan Creek Candles and find your new seasonal favorite. They also make a thoughtful gift or an easy way to treat yourself to a little everyday comfort. Stop to see the full selection and enjoy the scent of the month while supplies last.

# A FRESH START FOR SPRING

March is a month of transition and renewal, bridging the quiet of winter with the promise of spring. As daylight stretches longer and the air begins to soften, there's a noticeable shift in energy all around us. Budding trees, early blooms, and brighter mornings signal a fresh start, making March the perfect time to reset routines, refresh living spaces, and welcome change with a sense of optimism.

It's also a season that invites balance, taking care of both home and health as we move into warmer days. March encourages thoughtful moments of self-care, whether that's enjoying small comforts, focusing on wellness, or simply slowing down to appreciate the changing season. As winter fades away, this month reminds us that new beginnings don't have to be big to be meaningful, sometimes they start with simple, intentional choices that help us feel lighter, calmer, and ready for what's ahead.



# March Moments

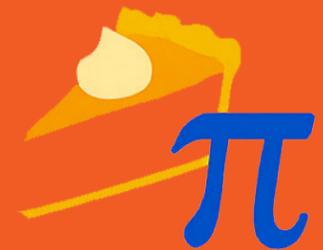
## International Women's Day: March 8th

A day to celebrate the strength, achievements, and contributions of women in our families, communities and workplaces.



## Pi Day: March 14th

A fun day honoring math and learning, and the numer 3.14. It is often celebrated with a little extra



## St. Patrick's Day: March 17th

A festive day celebrating Irish heritage, tradition, and a bit of green-themed cheer.



## First Day of Spring: March 20th

The official start of spring, bringing longer days, warmer weather, and fresh sense of renewal.



## National Poison Prevention Week: March 15th-21st

A week dedicated to raising awareness about medication safety and preventing accidental poisonings at home.



## National Nutrition Month

A month-long reminder to make informed food choices and build healthy eating habits.



# Women's Health Focus

Women's wellness is important at every age.



## Medication Adherence Reminders and Tips

Staying consistent with prescribed medications is critical for managing chronic conditions and preventing complications. Small steps taken each day support better long-term health and help ensure treatments work as intended.

 **Daily Organization Tools**  
Pillboxes, weekly planners, and blister packs.

 **Digital Support**  
Smartphones alarms and reminder apps.

 **Refill Readiness**  
Set auto-refills, request early when allowed and keep provider info handy.

 **Habit Stacking**  
Pairing medication with an existing daily task, like brushing your teeth or eating dinner. This reinforces consistency.

 **Screening Awareness**  
Talk to your providers about bone density testing.

**Our Goal:** Is to help women feel empowered, informed and confident in managing their prescriptions.



## Bone Health Basics

Protecting bone health can prevent osteoporosis and fractures later in life.

 **Nutrition For Bone Strength**  
Avoid sugary drinks and limit alcohol.

 **Weight Bearing Exercises**  
Walking, stair climbing and yoga.



## Preventive Screening and Encouragement

Preventive screenings are one of the most effective ways to detect health concerns early. Preventive screenings include, mammograms and pap smears to cholesterol checks and blood pressure monitoring. There are recommended timelines for these screenings that help guide women at each stage of life.



## Safe Use of Vitamins and Supplements

Not all supplements are created equal and not all are necessary. Choose high quality products, avoid interactions with medications and understand when supplementation is appropriate. Your pharmacist is a great resource for education.



## Consult Your Physician

They can help with personal support and wellness advice tailored to your needs.

# Allergy Season Prep

## Get Ahead of Spring Allergies

As spring approaches, blooming plants and shifting weather can trigger seasonal allergies for many people. Preparing now can help reduce symptoms and keep you feeling your best throughout the season.

### Common Spring Allergens



#### Tree Pollen:

Oak, maple, birch, and pine often release pollen early in the season.



#### Grass Pollen:

Begins to increase as temperatures warm, which contribute to sneezing.



#### Mold Spores:

Grows in damp areas, both indoors and outdoors. Common as the snow melts and rainfall increases.



#### Dust Mites:

Can stir up during spring cleaning.

### Start Medications Early



Begin taking allergy medications before symptoms reach their peak. Many antihistamines and nasal sprays work best when started proactively. This allows your body to build up protected against allergens.

### Additional Tips to Stay Ahead This Season



Monitor local pollen counts and limit outdoor activities when levels are high.



Keep windows closed on high pollen days. Use air purifiers with new and clean filters to reduce indoor allergens.



## Know The Difference

- As warmer weather arrives, many people experience sneezing, congestion, or itchy eyes. It can be tough to tell whether it's seasonal allergies or just a common cold. Understanding the difference helps you manage symptoms more effectively and know when to seek medical care.



### Seasonal Allergies

Allergies occur when your immune system reacts to harmless substances such as pollen, grass, or mold.

### Common Symptoms

- Itchy, watery, or red eyes
- Sneezing fits
- Clear, watery nasal drainage
- Itchy nose, throat, or ears
- Symptoms appear suddenly when exposed to allergens
- Symptoms last for weeks or as long as exposure continues

### What Allergies Do Not Cause

- Fever
- Body Aches

### Tips For Managing Allergy Relief

- Limit Outdoor exposure
- Shower After being outdoors



### Common Cold

Colds are caused by viruses that affect the upper respiratory system.

### Common Symptoms

- Stuffy or runny nose. This is often thicker or has discolored mucus
- Sore throat
- Mild cough
- Fatigue or low energy

### What Colds May Include

- Low-grade fever
- Body aches

### When It's Likely a Cold

- Symptoms improve within about 7-10 days.
- You experience general achiness or a mild fever.

### Tips For Recovery

- Rest and stay hydrated
- Drink warm fluids and use cough drops when needed



# Healthy Habits & Lifestyle

## Small Changes, Big Impact

Spring is the perfect time to refresh your routine and ease back into healthier habits. With warmer days and more sun, even small adjustments can help boost your energy, improve your mood, and set the stage for a strong and active season.

### Stay Active & Do It Safely

As we transition from winter hibernation to more time outdoors, keep these tips in mind to protect your body and enjoy every moment.



#### Ease Back Into Outdoor Activities

Don't feel pressured to jump into intense workouts right away. Start with easier workouts to avoid muscle strain and overexertion.



#### Choose Proper Footwear

When hitting the trails or the pavement, look for supportive shoes. Look for ones that provide cushioning and good arch support.

#### Stay Hydrated

Even mild spring temperatures can lead to dehydration, especially during activity. Drink water before, during and after your workouts.



#### Listen To Your Body

If you experience discomfort or fatigue, it's okay to rest. Pay attention to signals like dizziness, sharp pain, or overheating.



# Manage Springtime Stress

Spring can feel refreshing but the shift in routine, schedules, and even allergens can also create new everyday stressors. These simple habits can help you stay balanced and boost your well-being during the seasonal transition.



#### Prioritize Restful Sleep

A consistent sleep routine supports both physical and emotional health. Try to go to bed and wake up at the same time each day, even on the weekends. Limit late-night screen time, keep your bedroom cool and dark, and establish a relaxing wind down routine. This can include stretching, reading or deep breathing.



#### Refresh Your Daily Routine

Spring is a great time to reset habits that may have lacked during the winter. Build gentle structure into your day, plan short breaks, incorporate light activity, and schedule time for hobbies or relaxation. Small routines can create a sense of control and lower daily stress.



#### Spend Time Outdoors

Natural light and fresh air can improve mood, energy, and mental clarity. Even 10-15 minutes outside can help reduce feelings of stress and boost your mood. Try going for a walk, gardening or simply sitting in the sun.



#### Stay Connected

Talking with friends, family, or coworkers can help ease stress and provide a sense of support. Don't hesitate to reach out when you're feeling overwhelmed.



#### Check in With Your Doctor

If stress begins to affect your sleep, mood, or overall health, it may be a good idea to reach out to your doctor for help.



# Protect Your Skin This Spring

As spring arrives and daylight stretches longer, many of us spend more time outdoors. With increased sun exposure comes a greater need for daily skin protection. Refreshing your sun safety routine now can help prevent short and longer term skin damage as the season unfolds.

## Use sunscreen daily, even on cloudy days.



Up to 80% of UV rays can still reach your skin when the sky is overcast. This means sun protection is just as important on cloudy days. Applying sunscreen daily can reduce the risk of sunburn, premature aging, hyperpigmentation, and long term skin damage.

## Don't forget commonly missed spots.



Areas like ears, neck, chest, scalp, lips and toes often get overlooked and can easily burn. Using a lip balm and makeup with SPF or spray for scalp can help ensure full coverage.



## Consider your activity level when choosing sunscreen.

Outdoor workouts, walking, and spring sports call for different formulas. Look for sunscreens labeled "water resistant" or "sweat resistant", especially if you'll be active or spending time near water. These help maintain protection during physical activity.



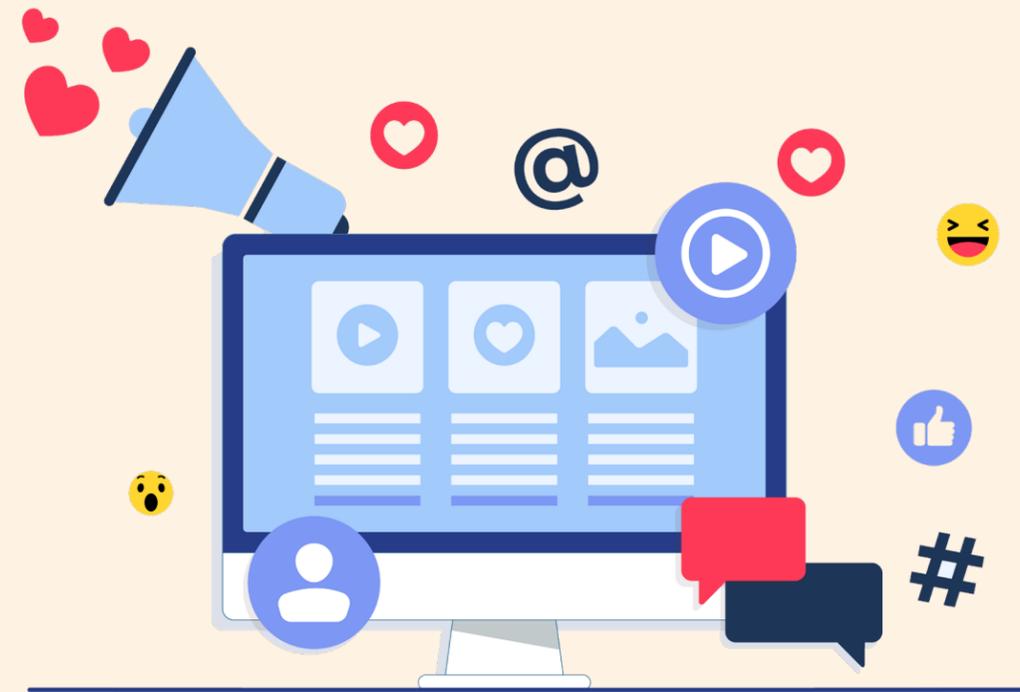
## Check expiration dates on last year's sunscreen.

Sunscreen naturally breaks down over time, especially if it's been exposed to heat, like sitting in a hot car or beach bag. An expired product can mean weakened protection, leaving your skin more vulnerable to burning.



## Pair sunscreen with protective accessories.

Hats, sunglasses, and lightweight long sleeves can provide added protection, especially during peak sun hours. Peak sun hours are 10 am to 4pm.



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marketing@diamondpharmacy.com

**As the days get brighter and warmer, we're here to help you step into spring feeling your best. This season often brings new beginnings and new health needs. Whether you're managing allergies, refreshing your wellness routine, or preparing for more time outdoors, our pharmacy team is ready to support you.**

# Next Issue

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